



A Purpose and a Plan

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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My friend's husband, who is a Christian believed that his purpose was to use his gift of giving in order to donate one million dollars to charity. His purpose was to give, and his plan was to give a little bit regularly over time.

Now this man did not have a lot of money or a high income because he was in a blue-collar job, He had a family of three children and a wife who had some sporadic part-time jobs but no consistent career.

I watched this man who would sit at the table with a little book and pencil entering his weekly giving. I also watched as the family sacrificed to help him achieve the goal.

Although it was difficult at times, my friend learned how to do home repairs to save money. She became a good plumber, carpenter and a creative decorator. She would can and freeze foods as well as prepare meals to save money so that they could eat at home rather than in restaurants.

My friends sacrificed but they still enjoyed many things. They dressed well but had few items of clothing. They drove good vehicles over the years but didn't replace them until absolutely necessary. They did eat out once in a while but did this as part of the budget and would often wisely drink water with their meals and have dessert at home.

Social times were rich and included shared meals and musical evenings with friends.

This couple was kind to others and often would help with a project or event. They didn't do everything for others but would mentor or assist.

Time with children and grandchildren meant just that. They did not have to spend money to play boardgames, enjoy the outdoors or help with homework.

I frequently tell others that we have gifts and skills. Gifts are things that are easy for us and leave us with a "good tired" feeling. Skills are things that we learn over time and although we can become proficient, doing them too much can lead to burnout.

When I am feeling very tired, I examine my week and usually discover that I have not been working in my area of giftedness enough and make necessary adjustments.

Many individuals do not feel that they have a purpose in life and therefore do not have a plan but the two of these go together.

What is your purpose? Do you have a plan to accompany it? Do you have skills that you can share with others? If you were asked to identify three areas of giftedness, what would they be?

It's time to identify your purpose, gifts and skills so that you can make a clear plan for using them.